

TURKEY TROT 2009

THANKSGIVING DAY – NOVEMBER 26

Give back to your community this Thanksgiving. Bring your family and friends out to help support The Refuge House (www.Refugehouse.com), The Shelter (www.tallahasseeleonshelter.com) and other great local causes.



RACE TIMES:

- 8:00am - Turkey Gobbler 1 mile run/walk
- 8:30am - 5K, 10K, 15K race

Visit

www.gulfwinds.org/turkeytrot
to register online or to
download the PDF registration
form

Join Our Group:

Search "Turkey Trot
Tallahassee"

facebook

VOLUNTEER OPPORTUNITIES: Volunteers are needed on Nov. 23-25 to help with registration and on race day (Nov. 26) to help direct runners around the course, help with parking and to assist with water stations. Individuals, families and groups are welcome. Please contact Erin Pantoja at pantojae@live.com or 850-556-9446 to sign up to volunteer.



A community
event supported
by Gulf Winds
Track Club

